



Mental Health Transformation Grant

The Freedom, Recovery, Empowerment (FRE) Project Oklahoma Department of Mental Health and Substance Abuse Services

Local Service Area: Carter, Bryan, Pontotoc, Garvin and Oklahoma Counties, Oklahoma

Primary Service Focus: Trauma and Justice

Project Director: Karen Frensley

Project Team Members: Gwen Downing, Lorrie Byrum, Carissa Davis, Derek Lewis, Susan Hughes

CMHS Project Officer: Mary Blake

Evidence-Based Practice(s): Trauma Recovery Empowerment Model (TREM); Men's Trauma Recovery Empowerment Model (M-TREM); Seeking Safety

Project Description: The *Freedom, Recovery, Empowerment (FRE)* project creates a trauma-informed system of care to support and empower recovery within a trauma-informed environment for all (consumers and staff) that includes evidence-based, trauma-specific treatments and practices for adult consumers who need and choose them. The State partners with two community mental health centers to ensure development of a model that may be replicated in both urban and rural settings, with the intent to develop a toolkit and to disseminate *FRE* statewide. Priority in years one and two of the grant was services to women. In the latter part of year two the focus expanded to include services to men as well as services in three additional rural counties. Recovery support specialists identify consumers for potential membership in regional leadership groups, and lead a "Life After Trauma" recovery group for consumers who have received trauma treatment. The goals of trauma-informed care (TIC) will be established by giving consumers choices related to service delivery and input into system development. It is anticipated that at the end of the grant cycle, 1,620 consumers will be served.